

Catechesis Minute: The First Commandment

You shall have no other gods.

What does this mean? We should fear, love, and trust in God above all things.

Have you ever been afraid? Tell me about a time when you were really scared.
(wait for answers)

God is very powerful. Is He more or less powerful than *(their fear)*?

God loves you. Do you know how much? *(wait for answers)* This is how much God loves you: Jesus spread His arms on the cross (*spread arms wide*), said, "I love you this much," and died for you.

Before Jesus went back to heaven, He said, "*I am with you always*" (**Matthew 28:20**). Do you believe that? *(wait for answers)*

Okay, since God is more powerful than *(their fear)* and He loves you enough to send His Son to die for you and you know that He's always with you, what should you do the next time you're afraid? *(trust in God; pray, etc.)*

And when you do that, you'll be keeping the **FIRST COMMANDMENT**.

Prayer:

Lord, thank you for Your love and care. Help us to trust in You when we're afraid. In Jesus' name. Amen.